

YIELD: 4

Sausage Peppers and Onions

PREP TIME	COOK TIME	TOTAL TIME
10 minutes	35 minutes	45 minutes

Ingredients

- 1 tbsp vegetable oil
- 8 sausages (such as cumberland, andouille and bratwurst)
- 2 onion, thinly sliced
- 2 red bell peppers, thinly sliced
- 2 orange bell peppers, thinly sliced
- 2 cloves garlic, finely chopped
- 2 cups tomato, roughly chopped
- 1 tbsp Italian seasoning
- salt, to taste
- black pepper, to taste



Instructions

FIRST STEP:

Place a cast-iron skillet on medium heat and add the vegetable oil.

Sear the sausages in the skillet until well browned on all sides, approximately 5 minutes.

SECOND STEP:

Remove the browned sausages from the pan and set aside.

To the same skillet add the sliced onions, cook for 5 minutes to soften.

THIRD STEP:

Then add the bell peppers and garlic, cook for 3 minutes.

Stir the chopped tomatoes and Italian seasoning into the skillet and bring to a simmer, reduce the heat to low and season the sauce.

FOURTH STEP:

Add the browned sausages back to the skillet and simmer for 20 minutes until the sauce has thickened and the sausages have cooked through.

Serve two sausages per portion alongside the bell peppers, onions and a generous spoonful of sauce.

Enjoy!

Notes

Nutritional Estimates Per Serving (1 cup sausage and peppers):

5 *SmartPoints (Green plan)

5 *SmartPoints (Blue plan)

3 *SmartPoints (Purple plan)

Nutrition Information

Serving Size 1

Amount Per Serving

Calories 120

Total Fat 12g

Saturated Fat 6g

Trans Fat 6g

Cholesterol 40mg

Sodium 28mg

Carbohydrates 80g

Sugar 18g

Protein 12g